



be happier • build family
unity • feel great • take
care of latch key children
• reduce unemployment •
increase communication
skills • expand knowledge

• lose weight • diminish chance of disease • build self-esteem • reduce stress • promote sensitivity to cultural diversity • eliminate loneliness • increase community pride • reduce crime • provide safe places to play • generate revenue • lower health care costs • meet friends • educate children and adults • relax • keep business from leaving • elevate personal growth • strengthen neighborhood involvement • conquer boredom • provide child care • boost economy • curb employee absenteeism • increase tourism • build strong bodies • increase property value • attract new business • preserve plant and animal wildlife • instill teamwork • live longer • protect the environment • **create memories** • clean air and water • boost employee productivity • look better • enhance relationship skills • decrease insurance premiums • control weight • offer places for social interaction • diminish gang violence • teach vital life skills • provide space to enjoy nature . . .
THE BENEFITS ARE ENDLESS

Winter 2021 Program Guide

Brookfield Parks & Recreation

In This Brochure

Adult Education	p. 9
Adult Fitness	p. 6 - 8
Community Connection	p. 13
Craft Kits	p. 5 - 6
Environmental Education	p. 4
Family Fitness	p. 5
Park Highlights	p. 3
Special Events	p. 5
Tot Programs	p. 9
Youth Employment Program	p. 12
Youth Fitness	p. 11 - 12
Youth Nature Programs	p. 12
Youth Virtual Programs	p. 10 - 11
Virtual Music Programs	p. 8

Recreation Staff

Mary Knox	Director, Parks & Recreation
Dan Gagne	Recreation Supervisor
Liz Burandt	Administrative Assistant

Parks Staff

Chris Rabuse	Parks Supervisor
Chris Shaw	Grounds Crew Leader
Rob Haggerty	Park Maintainer
Sean Llewellyn	Park Maintainer

Parks & Recreation Commission

Bryan Chnowski	Co-Chair
Joei Grudzinski	Co-Chair
Ed Butt	Vice-Chair
Rob Blick	
Cassie Dunn	
John Mangold	
Tom Murphy	
Renee Santiago	
Liz Burandt	Commission Secretary

Mission Statement

It is the mission of the Brookfield Parks & Recreation Department to respond to the ever-changing needs of our residents by providing the foundation for enhanced community interaction and enjoyment. To enhance the quality of life for all ages and abilities by providing healthy and affordable recreation opportunities with an emphasis on safe, attractive and well managed public properties, parks, and school grounds.

When visiting parks or participating in our programs, remember to always follow the guidelines.



WEAR A MASK



SOCIALLY DISTANCE

Registration Information

Brookfield Parks & Recreation



162 Whisconier Rd.
Brookfield, CT 06804
203-775-7310

www.brookfieldct.gov/rec

Office Hours:

Monday – Friday 8:30am – 4:30pm

How to Register?

CALL US:
203-775-7310

Town offices are currently closed to the public and available by appointment only. To ensure safe behavior and social distancing are maintained, we encourage residents to contact us by email or telephone, if possible.

Follow our Facebook page for parks, programs, and special events announcements and updates.

facebook

www.facebook.com/brookfieldconnecticutparksandrecreation

A Message from the Director



While current guidelines have dictated the types of recreation programs we can offer, our department has continued to embrace the opportunity to re-create and re-imagine what is possible. We remain committed to creating community at your comfort level by providing a variety of experiences, both in person and virtually.

We are excited to share a few new special events to look forward to this winter, including the Winter Wanderland Snowflake Hunt and Brookfield's Cardboard Classic. We encourage you to check our website (www.brookfieldct.gov/rec) and Facebook page (Brookfield, Connecticut Parks and Recreation) regularly for updates in the coming weeks.

Our Parks Department continues to work in support of unprecedented use of Brookfield's outdoor facilities. 2020 reminded us of the value that parks and open spaces bring to a community, not only for our physical health but for our mental health as well. We encourage you to get outside this winter and explore one of the many parks and open spaces that Brookfield has to offer. Those with four-legged family members are reminded that according to the Brookfield Code Chapter 115, Article 11: All dogs must be leashed and under firm control of their owners when on public property. All owners must also pick up after their dog(s) while on public property.

Skiing & Snowboarding

Brookfield Day at Mohawk Mountain



Time to hit the slopes! Mohawk Mountain will offer Brookfield residents \$10 off lift tickets for Friday, January 15th! Reserve your lift tickets online and enter the **promo code: BROOKFIELD11521** at checkout. [Visit their website here for more information.](#)

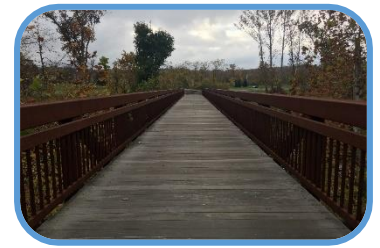
Town Park Highlights

Information for all Brookfield parks and open spaces can be found on the [Brookfield Town Website by clicking here.](#)

Still River Greenway

65 Silvermine Rd.

The Still River Greenway is open year round to walkers. Access to this trail is also available at Brookfield Town Hall and the Four Corners section of town. The path is not maintained in the winter and users should exercise caution. Masks must be worn while using the greenway. Dogs are allowed and must be leashed.



Williams Park/Gurski Farm

185 Whisconier Rd.

The Williams Park and Gurski Farm properties are open for hiking, snow shoeing, and cross country skiing. The Williams Park lot is cleared after snow storms. The Gurski Farm entrance at 28 Obtuse Hill Rd. is roped off for winter however limited parking is available before the gate.



Happy Landings

55 Whisconier Rd.

Happy Landings is open for passive recreation including hiking, snowshoeing, and cross country skiing. The parking lot is plowed after snow storms. A great spot to walk the dogs year round! A leash is required.



Kids Kingdom and Town Hall

100 Pocono Rd.

Kids Kingdom Playground remains open year round. Seasonal restrooms are currently closed for the season and will re-open in mid-April 2021.



Cadigan Park

500 Candlewood Lake Rd.

Seasonal restrooms and tennis courts are closed for the season and will reopen in mid-April 2021. Basketball courts are currently closed due to COVID restrictions.



Sky-Orienteering at Happy Landings



Have you ever wanted to learn more about the stars? Do you try to pick out constellations when you're outside at night? This program will help you learn the basics of sky-orienting and the constellations, bright stars and planets that are visible with the naked eye. Join

us at Happy Landings each month, weather depending, and gain some perspective on our planet's home amongst the solar system and the Milky Way Galaxy. Participants should bring a flashlight and feel comfortable with light walking in the dark. This event is for the whole family! The program will be socially distant and participants should wear a mask. These programs are led by star volunteers from the McCarthy Observatory in New Milford, CT. Registration is required.

Time: 7:00 – 7:30pm

February: 2/12

March: 3/12

April: 4/9

Place: Happy Landings, 55 Whisconier Rd. Brookfield



Wildlife in Winter: Walk at Williams Park

New England woods in winter can be serenely quiet, but wildlife is still surprisingly active. Forest birds are among the most obvious, bring your binoculars! Many mammals can be detected



by tracks they leave in mud and snow as well as other signs. Conservation biologist Jim Arrigoni will explain strategies that different critters depend on to survive the months of cold and scarce food, as well as point out signs of wildlife encountered along the ~1.5-mile gentle walk. Be sure to dress appropriately for the weather, including footwear for snow or mud and bring binoculars, if you have them. For more info on the CT Audubon Society, please visit www.ctaudubon.org. Group size is limited and registration required. In case of inclement weather, the program will be held on 2/20. *Participants will be asked to wear a mask and socially distance themselves during the program.*

Day: Saturday

Date: 2/13

Time: 10:00am – 12:00pm

Fee: FREE

Place: Williams Park, 183 Whisconier Rd. Brookfield.



The State of CT Department of Energy & Environmental Services and Connecticut Forest & Park Association offer in-person and virtual educational programs throughout the year. To view a complete list of programs and details, visit their respective websites.



CT DEEP - www.depdata.ct.gov/calendar and click *all events*.

CT Forest & Parks - www.ctwoodlands.org/CFPA-events#

Eastern Coyote Webinar

Coyotes are the source of legends and sometimes misunderstandings. Join this webinar to understanding their biology and behaviors to appreciate their role in the ecosystem. This program is open to all ages. [Registration is required by clicking here.](#)

Day: Thursday

Date: 1/28

Time: 6:00pm

Fee: FREE



Virtual Hike: Animal Tracking for Kids

In this interactive, virtual hike for kids, you will be looking for animal tracks along the Forest Discovery Trail in Hampton, CT. Participants will learn how and where to find tracks and how to identify common tracks and scat. This program is presented by the Connecticut Forest & Park Association. Join Meg Rondeau in uncovering the story that tracks tell us about wildlife. [Register online by clicking here.](#)

Day: Wednesday

Date: 2/10

Time: 1:00 – 1:45pm

Fee: FREE



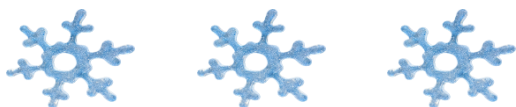
Special Events

Winter Wanderland Snowflake Hunt



They say every snowflake is unique in its shape and structure however they are often so small it is difficult to see without a microscope. This winter, Brookfield Parks & Recreation has placed special snowflakes around town for you to find!

Each week, two hidden snowflakes will be hung in one of our local town parks and properties. Clues as to their whereabouts will be posted on the parks and rec website and Facebook Page. Finders Keepers! If you find the keepsake, bring it to our office to claim your unique snowflake!



These snowflakes are handmade by local artist Linda Banks of Banks Art Studio in New Preston, CT. Linda has worked with glass over 35 years and has taught at the Brookfield Craft Center and Washington Art Association as well as other school programs throughout the US.

Be sure to follow the [Brookfield, Connecticut Parks and Recreation Facebook Page](#) to follow along!

Brookfield's Cardboard Classic



Join us this winter in for a Do It Yourself Cardboard Sled Race! The Brookfield community is invited to design, build, sled and share their one of a kind toboggan! Now is the time to start thinking about a design and save those extra cardboard boxes. Using only cardboard, glue and tape, your challenge

is to build a sled that can make it to the bottom of the hill in one piece! Creativity is King! Awards will be given to teams with the best design and sled spirit! We will not be able to hold an event together this winter so this will be a great trial run for next winter! Those interested can read rules, suggested tips, and register at www.brookfieldct.gov/rec. Sleds can embark on their maiden downhill voyage anytime this winter and photos accepted through the end of February. Email your photos to dgagne@brookfieldct.gov.



Winter Best Hand Poker Hike

The calendar may say February but we say it's time for a hike! Brookfield residents are invited to Williams Park for some fresh air, hiking, and a chance to win a prize. Individuals or groups can register to participate in this event that will help you explore Williams Park. Each group will receive a map of Williams Park with locations of five 'dealers' throughout the park. Orient yourself in the park to find each 'dealer' location. Groups take one card from each location to make a 5 card poker hand to be turned in at the end of the hike. Best hand wins!

Day: Saturday

Date: 2/27

Time: 10:00 – 12:00pm

Fee: FREE

Place: Williams Park, 185 Whisconier Rd. Brookfield.

5

'Grab & Go' Craft Kits

Silly Science – To Go!

Kids in grades K - 4 can put their curiosity and creativity to work with this take-home kit that includes hands-on activities involving science, engineering & art! Projects include build your own Rubber Band Powered Boat, Kaleidoscope, Balancing Robot and Wind-Powered Car. Directions and materials are provided along with a link to short instructional videos. Adult assistance is recommended for completing these kits. Limited kits available.

Fee: \$20 per kit.

Place: Parks & Rec Office, 162 Whisconier Rd. Brookfield.

SILLY SCIENCE

Star Wars Silly Science – To Go!



Kids in grades K - 4 can put their curiosity and creativity to work with this take-home kit that includes hands-on activities involving science, engineering & art! Projects include build your own Ewok

Catapult, Drawing Droid and X-Wing Fighter Blast Off.

Directions and materials are provided along with a link to short instructional videos. Adult assistance is recommended for completing these kits. Limited kits available.

Fee: \$20 per kit.

Place: Parks & Rec Office, 162 Whisconier Rd. Brookfield.

Snow Day 'Grab & Go' Kit

This kit provides the perfect supplies for joy and excitement when the snow arrives this winter. Each kit provides materials to be able to make your own snow cones, go snow painting, and accessories to create your own snowman! Plus fun snow ideas you can do at home!



Fee: \$10 per kit

Dates: Pickup after 1/4

Place: Parks & Rec Office, 162 Whisconier Rd. Brookfield.

Family Fitness

Family Field Days

Cabin fever setting in? We have got you covered! We all need to stay active and engaged throughout the year. The lights will be on at Cadigan Park select evenings this winter and Brookfield families are invited to use the turf. Attendees must remain with their households and comply with current guidelines regarding mask use and social distancing. Bring the football for a catch or kick around the soccer ball to get the blood flowing. No organized practices or private lessons. No golf or dogs. Please note that field conditions may vary due to weather and precipitation. Lights will remain off in case of snow cover on fields and/or rain. Schedule below is subject to change.

Attendees must remain with their households and comply with current guidelines regarding mask use and social distancing. Bring the football for a catch or kick around the soccer ball to get the blood flowing. No organized practices or private lessons. No golf or dogs. Please note that field conditions may vary due to weather and precipitation. Lights will remain off in case of snow cover on fields and/or rain. Schedule below is subject to change.

Day: Tuesday

Date: 2/2 – 3/9 (5 wks)

Time: 5:00 – 6:30pm

Fee: FREE

Place: Cadigan Park, 500 Candlewood Lake Rd. Brookfield.



'Grab & Go' Craft Kits

Valentine's Day 'Grab & Go' Craft Kit



This kit celebrates the Valentine's Day holiday with arts & crafts projects for your little ones. Each kit includes 3-4 projects that children ages 3-10 can complete for decoration or as a gift to someone they love. Some parental assistance may be needed

for younger children. Glue not included.

Fee: \$10 per kit.

Dates: Pickup after 1/18

Place: Parks & Rec Office, 162 Whisconier Rd. Brookfield.

St. Patrick's Day 'Grab & Go' Craft Kit

Get in the spirit of this popular Irish holiday with shamrocks, clovers, and a pot of gold! Each kit includes 3-4 projects. Glue not included. Appropriate for ages 3-10. Some parental assistance may be needed for younger children. Call to place your order and arrange a day and time to pick up.



Fee: \$10 per kit.

Dates: Pickup after 3/1

Place: Parks & Rec Office, 162 Whisconier Rd. Brookfield.

Spring Blooms 'Grab & Go' Craft Kit

Warm weather, fresh flowers and green grass are just around the corner. Bring spring into your home a little early this year with this craft kit that will brighten your child's spirit and room. Each kit includes 3-4 projects. Glue not included.

Appropriate for ages 3-10. Some parental assistance may be needed for younger children. Call to place your order and arrange a day and time to pick up.

Fee: \$10 per kit.

Dates: Pickup after 3/1

Place: Parks & Rec Office, 162 Whisconier Rd. Brookfield.



Adult Fitness

Train for a 5K

Are you interested in running a 5k road race (3.1 miles)? Are you a walker who wants to try running or try to get your fitness back? Join Cassie Dunn in a group setting for a series of training runs this spring. Each participant will be given an individualized workout schedule to follow and new workouts will be introduced as you progress. Come dressed in layers to run & bring a water bottle. All levels of fitness welcome! Mask and social distancing requirements will be emailed to those registered at the time of the class. The location for this class is the BHS track which is subject to change depending on availability. *Cassie Dunn is a former BHS cross country and track coach, a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.*



Day: Saturday

Dates: 4/3 – 5/8 (6 wks)

Time: 8:00 - 9:00am

Fee: \$72.00

Place: BHS Track, 45 Long Meadow Hill Rd. Brookfield.

Adult Fitness

Adult Novice Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played and for more experienced players who want to improve one or all aspects of their game.



Class 1: Introduction/set-up and swing with irons.

Class 2: Review/set-up and swing with woods.

Class 3: Pitch shots and bunker play.

Class 4: Chipping and putting.

During these classes, the group will also work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during the first class. Women's only classes are offered for those who may feel more comfortable in that setting. If there are not enough participants, these classes may be combined. Please visit www.golfquestranges.com for more information.

Fee: \$140.00

Time: 6:00 – 7:00pm

Place: Golf Quest, 1 Sand Cut Rd. Brookfield.

February: Wednesdays 2/3, 2/10, 2/17, 2/24

March: Thursdays 3/4, 3/11, 3/18, 3/25

April: Wednesdays 4/7, 4/14, 4/21, 4/28

Women's Only Golf Lessons for Beginners



February: Mondays 2/1, 2/8, 2/15, 2/22

March: Wednesdays 3/3, 3/10, 3/17, 3/24

April: Tuesdays 4/6, 4/13, 4/20, 4/27



Virtual Tai Chi



Tai Chi classes are offered in partnership with [Brookfield Tai Chi and instructor Vinny Candela](#). All classes listed below are virtual and will be held via ZOOM for the time being.

Looking for a new way to relax and de-clutter your mind this year?

Try Tai Chi from the comfort of your own home! Loose, comfortable clothing and a quiet, cozy spot are all that are required.

Intro to Tai Chi and Qi Gong



Tai Chi Qi Gong is an exercise system based upon Traditional Chinese Medicine which is practiced by millions daily for physical, spiritual and emotional well-being. It is one of the most gentle and effective ways of working with the body, calming the nervous system, and healing body, mind, and spirit. This class will introduce standing meditation, various Qi Gong exercises (basic and advanced) and the Tai Chi form.

Day: Monday
Fee: \$96.00

Time: 9:00 – 10:30am
Dates: 2/8 – 3/29 (8 wks)

The Swimming Dragon

The Swimming Dragon has the power to improve our health, fitness level and promote general well-being. It is practiced by repeating a short cycle of movements specifically designed as a comprehensive care system for the internal organs. The benefits of this movement are improvements in the digestive system and ability to eliminate waste, improve breathing process, fortifies the kidneys, and relieves neck, shoulder, low back, and hip pain by benefiting the spine, nervous system and meridians.

Lastly, it greatly enhances the body's ability to reduce stress and the associated ailments. In addition, students will also be introduced to the Taoist relaxed and Calm Standing Meditation form to further bolster the body's immune system.

Day: Wednesday
Fee: \$48.00

Time: 9:00 – 10:00am
Dates: 2/10 – 3/3 (4 wks)



Eight Pieces of Brocade



An ancient Chinese exercise and fitness system used as an alternative healing therapy (AKA medical Qi Gong). It consists of a series of eight exercises that follow the principals of Traditional Chinese Medicine. It is one of the most gentle

and effective ways of working with the body, calming the nervous system, healing body, mind, and spirit. Eight Pieces of Brocade enables the student to correct physical and energetic imbalances, releases emotions and stress. It is a simple and effective way of directing Qi (life energy) throughout the body and remove blockages that can cause sickness or disease without acupuncture, herbs or massage.

Day: Friday
Fee: \$48.00

Time: 9:00 – 10:00am
Dates: 2/12 – 3/5 (4 wks)

Virtual Yoga



Yoga classes are offered through YogaSpace studio at 78 Stony Hill Rd. in Bethel. [Click here for their website and more information](#). All classes below are virtual and will be offered via Zoom for the time being.

Yoga Basics



The perfect class series for absolute beginners! You will learn the basics yoga poses (which are modified based on your ability), as well as breathing and relaxation techniques in the well-rounded intro to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary! **This \$75.00 pass allows you to try any six Basic classes over eight weeks. No refunds for missed classes.**

Day: Monday **Time:** 12:00pm – 1:15pm
Dates: 1/25 – 3/14 (pick 6 classes over 8 weeks)

Instructor: Debbie Isaacs

Day: Wednesday **Time:** 7:30 – 8:45pm
Dates: 1/27 – 3/16 (pick 6 classes over 8 weeks)

Instructor: Debbie Isaacs

Day: Saturday **Time:** 10:00 – 11:15am
Dates: 1/30 – 3/19 (pick 6 classes over 8 weeks)
Instructor: Heather Morgado

Yoga Beyond the Basics: Six Class Pass



Ready to take your yoga practice to the next level? Or perhaps you would like to explore something new? YogaSpace offers 25 classes per week! Choose from an in studio or virtual yoga experience. Use this specially

discounted pass to sample any of YogaSpace's regularly scheduled classes. Choose from a variety of styles, teachers, days and times. If you're new to yoga, join us for a Basics class; if you're ready to move beyond Basics, check out our Balanced or Flow classes. Or perhaps go deeper in the yoga experience with a Gentle or Yin class. **This \$75.00 pass allows you to try any six classes over eight weeks.**

Schedule: <https://www.yogaspace-ct.com/schedule>

Day: Varies (see schedule at link above)

Dates: 1/25 – 3/21 (pick 6 classes over 8 weeks)

Discover Kundalini Yoga



Kundalini Yoga is considered one of the most powerful and comprehensive forms of yoga and the fastest way to establish an aligned relationship with body, mind, and spirit. This is an introductory class is taught by Suze Shaner, who will review all the basics including postures (asanas), dynamic movement, sound currents (mantra), breath (pranayama) and meditation. Through specific sets of practices, called "kriyas", you'll learn to strengthen and balance your bodily systems, cultivate objective awareness, and experience greater clarity & emotional balance. All levels welcomed.

This \$75.00 pass allows you to try any six basic classes over eight weeks. No refunds for missed classes.

Day: Friday **Time:** 6:00 – 7:30pm
Dates: 1/29 – 3/18 (pick 6 classes over 8 weeks)

Instructor: Suze Shaner MA, MS, RYT, PCC (Darshan Jot Kaur)

Virtual Yoga



Yoga classes are offered through YogaSpace studio at 78 Stony Hill Rd. in Bethel. [Click here for their website and more information.](#) All classes below are virtual and will be offered via Zoom for the time being.

Art of Meditation



This 4-week Meditation Course combined with a 21 day challenge is an excellent program for beginners as well as seasoned practitioners who desire to go deeper, to find more in their meditations. This course will introduce you to meditation and its many facets, helping you to rediscover your inner stillness and silence while building a deep understanding of the practice and its many values and benefits. Regular practice will help restore balance, generate deeper calm, boost your health & healing, increase concentration & productivity, create greater joy, experience more clarity, creativity and purpose. Meditation will improve your quality of life.

Day: Thursday **Time:** 7:30 – 8:30pm

Dates: 1/21 – 2/11 (4 wks) **Fee:** \$60.00

Instructor: Rob Farella

Prenatal/Postnatal Yoga

This nurturing and fun gentle yoga class is designed to strengthen, stretch and embrace the changes in a woman's body during and after pregnancy. Moms will learn what poses are appropriate for them at the time, as well as meditation and breathing techniques to promote concentration, relaxation and renewed energy. This class is a perfect way to connect with other moms and build a special bond with your baby. Post-natal moms are welcome to include their baby, up to 1 year, in their carrier or on a blanket. Be prepared to practice yoga, but know it's perfectly fine to take breaks to attend to your little one. Anything goes in this class! No prior yoga experience in necessary and permission from your doctor is highly recommended.



Day: Tuesday **Time:** 6:00 – 7:15pm

Dates: 1/26 – 3/23

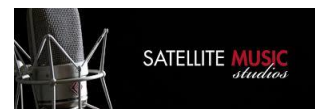
Fee: \$75.00 (pick 6 classes over 8 weeks)

Instructor: Rob Farella

Virtual Music Programs

Beginning Guitar

Students ages 8+ begin to shine with music! And who better to unlock your child's talent than Franklin Enea creator of "The



Night Begins to Shine" and character of Cartoon Networks hit show, "Teen Titans Go!" Have fun learning the fundamentals of guitar from our local talented singer, songwriter, and guitarist. Playing guitar is a lifelong hobby and assists in a child's development, instills confidence, inspires creativity, oh yea, and it's cool too! Frank owns Satellite Music Studio in Mt. Kisco NY which is an integrated recording studio and learning center that nurtures individual style, creativity, and



passion for the performing arts. This is a one on one lesson that is customized to meet the student's own goals and skill sets, and recommended for those who already have experience playing an instrument. In-person lessons will be offered once regulations allow.

If you have any questions regarding the lessons, please email satellitemusicco@gmail.com.

Day: Days and Times are scheduled directly with Frank

Fee: \$270 (6 ~ 30 minute lessons)

Time: 30 Minute Lessons

Instructor: Frank Enea

Drum Lessons for Beginners



Want to learn to play the drums but don't have a set? No problem! Students 8 and up can learn to play the building blocks of all popular, world and classical music on a drum set, snare, practice pad or pots and pans! With a sampling of common rock, blues and jazz rhythms, you will be playing

along with your favorite songs in no time! Drumsticks are preferred but not required. This program will take place virtually each week in a group setting with instructor Erik Egol. Erik is a graduate of the Berklee College of Music with 30 years' experience as a professional drummer including 20 touring and 15 years of teaching.



Day: Friday

Time: 5:00 – 6:00pm

Place Instructor: Erik Egol

Dates: 1/29 – 3/5

Fee: \$114 (6 wks)

Succulents 101: Care and Propagation, Tips & Techniques



Learn about the different types of succulents from 'soft' exotic indoor beauties to hardy outdoor varieties. This virtual lecture will cover basic propagation, lighting and soil needs, and tips on moving them indoors and out during different growing seasons.

Beginners and experienced growers welcome! Having trouble with a certain plant? The succulent ambulance may be able to diagnose your issue via video! The presentation is led by Erik Egol.

Day: Tuesday

Date: 1/26

Location: Virtual Meeting

Time: 6:00 – 6:45pm

Fee: FREE

Presenter: Erik Egol

Simplify, Organize and Focus on what you are Passionate About

Reduce clutter and reduce your overwhelm! Empower yourself with practical organizing strategies & discover time for the activities you love to do. Professional Organizer Kerri Colombo will share tips with for you to create a home environment that reflects who you are and who you wish to be. You'll leave with the skills and confidence to tackle your organizing projects in a mindful way. Kerri is passionate about guiding others in this journey and has appeared as the organizing expert on TLC's Hoarding: Buried Alive and is also a organizer with Hartford Hospital's Institute of Living Anxiety Disorders Center.

Day: Tuesday

Dates: 2/23

Location: Virtual Meeting

Time: 7:00 - 9:00pm

Fee: \$25.00

Landscapes on a Grand Scale



Do you have an interest in photographing nature in all of its beauty? Join Mary Ann Kulla for a photographic adventure this winter at Gurski Farms with a focus on landscapes. This workshop will help you start taking photos outside of the 'auto' mode

on your camera and explore the capabilities and best settings for outdoor, landscape photos. iPhone will also be discussed to get the best out of the incredibly powerful cameras we carry around every day. The group will meet at Gurski Farm by the Community Gardens and hike from there. This is the first workshop in an upcoming series of nature based photography classes. If the cold of winter is not appealing to you, keep a look out for more programs in the spring of 2021.



Day: Saturday

Time: 3:00 – 4:30pm

Place: Gurski Farm, 28 Obtuse Hill Rd. Brookfield

Date: 3/13

Fee: \$20.00



Soccer Squirts (Ages 3-5)



USSI's **Soccer Squirts** is the perfect introduction to the most popular sport in the world! Boys and girls ages 3-5 will learn the fundamental skills of soccer, including

dribbling, passing, shooting and defending. Soccer Squirts classes are taught through structured activities, fun games, and scrimmages designed to ensure learning & most importantly: fun, fun, fun! Two make up dates will be available on 2/27 and 3/6 if needed.

Day: Saturday

Dates: 1/23 – 2/20 (5 wks)

Time: 11:30 -12:10pm OR 1:10 – 1:50pm

Fee: \$79.00

Place: Cadigan Park, 500 Candlewood Lake Rd. Brookfield.

Multi Sport Squirts (Ages 3-5)

This USSI program allows children to experience a different sport each week. It is the perfect intro to athletics for your future athlete! All sports are taught in a safe, structured and fun learning environment. Each session is comprised of games & activities designed to ensure learning & most importantly, FUN! Participants will experience LAX, soccer, track & field, and floor hockey. Two make up dates will be available on 2/27 and 3/6 if needed.



Day: Saturday

Dates: 1/23 – 2/20 (5 wks)

Time: 12:20 – 1:00pm

Fee: \$79.00

Place: Cadigan Park, 500 Candlewood Lake Rd. Brookfield.

US Sport Group programs have been modified during the COVID-19 pandemic for the safety of their participants and to adhere to social distance guidelines. More information on these changes can be found by [clicking here for the website](#).

Registered participants should sign up for weather updates for USSI programs. Visit <http://www.usasportgroup.com> and enter 06804 under find a program. Locate the program you would like updates for and click on the 'More Info/Register' button. Next, click on the 'Follow This Program' button. If you have already created account, you can log in. If not, follow the prompts online to create your account and receive the updates.

Youth Virtual Programs

Kids Yoga for Grades K-6



Yoga fosters creativity, sharing, focus, self-esteem and rewards each student with a peaceful mind and body. This virtual yoga class for Kindergarten through sixth grade meets each child where they are and playfully invites them to improve strength, flexibility, and

coordination through basic yoga poses. Children will learn strategies to improve focus and self-regulation, learning to calm their bodies down through self-awareness and breathing techniques. Through the practice of relaxation, yoga poses, and yoga games children will learn self-respect and respect for others. This class will be held virtually and a link for the meeting room will be emailed each week. Kids should wear comfortable clothes that are easy to move in, have their own mat and ideally a quiet place to take the class.

Day: Tuesdays **Time:** 4:15 – 5:00pm

Date: 1/26 – 3/9 (6 wks ~ no class 2/16)

Fee: \$66.00

Instructor: Sharon Poarch RPT, RYT-200

Find Your Happy Place ~ Ages 8-11

Are you ready for an exciting journey? Are you prepared to make new friends, play games, use your mind to create and learn some really awesome life lessons? Then this journey is for you. Boys and girls will visit topics on

gratitude, positive-thinking, self-love, self-esteem building, resilience, good decision making and compassion. Each week, the group will discover a different topic through games, crafts, writing, role-playing, and meditation. Come join this voyage and learn about yourself and the connection to the others around us!



Day: Tuesday **Time:** 4:00 – 5:00pm

Dates: 2/2 – 3/16 (6 wks ~ no class 2/16)

Fee: \$59.00

Instructor: Kelly Viera

Drawing Mixed Media ~ Grades 1-4



Drawing classes teach children to draw what they see, to enhance their drawings with their own ideas and concepts, and to use different materials in creative ways. The class environment is non-competitive, creative and fun! This program helps students build their self-esteem through their drawing success

and enhances hand eye coordination as well as spatial and color relationships. Special holidays and events are considered for project ideas. Multicultural arts and techniques are taught; educating students in history, geography, and storytelling. Drawing projects include animals, scenery, people, portrait, or architecture. Students may take multiple sessions and projects will not be repeated. *Students can use materials they have at home such as oil or chalk pastels, crayons, color pencils, markers, and watercolors paints for this class. Drawing and painting papers will be provided by Paint Draw & More and can be picked up at the Parks & Recreation Office prior to the first day of the program.*

Day: Thursday **Time:** 4:30 – 5:30pm

Date: 2/18 – 3/11 (4 wks) **Fee:** \$76.00

Instructor: JoAnne Claybourne

Youth Virtual Programs

Watercolor Wonderful ~ Ages 7-13



Step into our wonderful world watercolors painting. The beauty of these paints is their versatility. We love them dry, we love them wet, we love them mixed and we love them

layered. What do we mean? Take this class to find out! Students will be discovering watercolor techniques used on a variety of paintings. Paintings are chosen to enhance the technique of the day. *Painting papers will be provided by Paint Draw & More and may be picked up at the Parks & Recreation Office prior to the first day of the program. Watercolor paint sets and brushes will be needed and are not included in the packets. These sets are available online or locally at craft and big box stores.*

Day: Tuesday

Time: 4:30 – 5:30pm

Date: 2/16 – 3/8 (4 wks)

Fee: \$76.00

Instructor: Steve Burke

Cartooning ~ Ages 7-13

Learn to create cartoon characters, super heroes and comic strips! Students will learn to develop characters and story lines with associated dramatic illustration. The first few classes will concentrate on drawing and technique which students will then apply while designing and drawing their own individual projects. *Students can use materials they have at home such as pens, pencils, color pencils or markers and copy or drawing paper for this class.*

Day: Monday

Time: 4:45 – 5:45pm

Date: 2/22 – 3/15 (4 wks)

Fee: \$76.00

Instructor: Heather Bennett



Escape into Art for Grades 5 & 6



In these virtual classes, artists will be guided through creative sessions intended to allow for artistic exploration, to enhance creative vibes, and of course, have fun! Artists will use a variety of materials to create several pieces of art over the course of 5 weeks. Each artists

will end with a completed series of artwork with a surprise theme. Artists can create at their own pace and explore their own creative vision while being inspired by the subject matter, artistic techniques, and thematic content. A materials list will be emailed after registration. Many materials can be found at home or substituted with what you have. A few purchases may be needed at approximately \$15.

Day: Thursday

Time: 3:30 – 4:30pm

Date: 2/4 – 3/4 (5 wks)

Fee: \$76.00

Instructor: Sarah Bratchell

Wizards School of Magic

Join Magician Tom O'Brien for a private magic workshop via Zoom! This program is best designed for ages 6 - 10. Meetings are 30 – 35 minutes & students will receive all their magic supplies in the mail prior to the lesson. Aspiring magicians



can learn the tricks of the trade from the very best! Parents will be able to set up the date and time of the program directly with Tom after registration. Cost of the private lesson is \$30.00. Additional siblings or friends can be added to the same session at \$25.00pp.

Mission Control Esports Leagues

Mission Control Video Game Leagues

**PLAY AGAINST OTHER BROOKFIELD GAMERS!
PLAY ON ANY CONSOLE!**

Match up against a new gamer each week, play the game, compare stats and the best player wins!

FORTNITE, ROCKET LEAGUE, MARIO KART!

No sports outdoors?

NBA, NHL, MADDEN AND MLB LEAGUES!



Mission Control brings Esports video game leagues to Brookfield! Sign up for access to our league program until 8/1/21. New leagues forming monthly! You choose what you want to play!

Day: Once a week! You choose day & time.

Date: New Leagues starting 2/8/21

Fee: \$15.00

Place: Xbox, PS4, Nintendo Switch



Youth Fitness

Registration is now open for in-person, outdoor programs.

Due to the ever-changing nature of the allowed group program size, payment information will be collected but not processed until the start of the program has been confirmed.

Golf Lessons for Juniors ~ Ages 7-14

This program is open to young boys and girls, ages 7-14, of all skill levels and intended to provide a solid base in the fundamentals of golf as well as to get them prepared to play and enjoy the game. The classes are ideal for both beginners who never played before and experienced players who want to improve on one or all aspects of the game.

Class 1: Introduction/Set-up and swing with irons.

Class 2: Review/Set-up and swing with woods.

Class 3: Pitch shots and bunker play.

Class 4: Chipping and putting.

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management, and strategy, some computer video swing analysis, and much more. Students can bring their own clubs or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during the first class and clubs for other sessions will be discussed during class. For more info, visit

www.golfquestranges.com.

Fee: \$140.00

Time: 4:30 – 5:30pm

Place: Golf Quest, 1 Sand Cut Rd. Brookfield

February: Wednesdays 2/3, 2/10, 2/17, 2/24

March: Thursdays 3/4, 3/11, 3/18, 3/25

April: Wednesdays 4/7, 4/14, 4/21, 4/28



Youth Fitness

Registration is now open for in-person, outdoor programs.

Due to the ever-changing nature of the allowed group program size, payment information will be collected but not processed until the start of the program has been confirmed.

TAG! You're It!



It's time to be kids again! This high energy program will be a great excuse to get outside each week and play. This program will offer boys and girls opportunity for

some exercise, fun and laughter with their peers. This classic backyard game has hundreds of variations and includes capture the flag style games with teamwork and strategy! This program will take outdoors at Cadigan Park and may be cancelled for inclement weather. Participants will be asked to wear a hat, gloves and facemask during the program. Bring a water bottle and dress in layers!

Grades 2 & 3

Day: Wednesday

Date: 2/17 – 3/24 (6 wks)

Grades 4 & 5

Day: Monday

Date: 2/22 – 3/29 (6 wks)

Time: 4:15 – 5:15pm

Fee: \$72.00

Place: Cadigan Park, 500 Candlewood Lake Rd. Brookfield.

Sports Celebrated

Let's get out and celebrate sports! Exercise and fun will be the focus of this program for students in grades 2 and 3 who can try out a variety of sports. Games and activities will include throwing, catching and kicking to help develop hand-eye coordination and balance. This program will take outdoors at Cadigan Park and may be cancelled for inclement weather. Participants will be asked to wear a hat, gloves and facemask throughout the program. Bring a water bottle and dress in layers!



Day: Thursday

Date: 2/18 – 3/25 (6 wks)

Time: 4:15 – 5:15pm

Fee: \$72.00

Instructor: Deanna Consalvo & Ryan Halloran

Place: Cadigan Park, 500 Candlewood Lake Rd. Brookfield.

Pick-up Flag Football



Boys and girls in grades 4 through 9 are invited to join a weekly flag football game at Cadigan Park. Each week, new teams will be formed and games played for an hour.

No experience is necessary however

participants should have a basic understanding of the game of football. Rules will be explained and then the group will jump right into pickup games every week! For each age group, we will plan on holding 6 classes. The ending dates listed below are tentative. Classes will be cancelled for sub-freezing temperatures or dangerous driving conditions.

Makeups will be scheduled for subsequent weeks on the same day and time. Remember your winter hat and gloves!

Grades 4/5: Tuesdays, 2/9 – 3/23 (6 wks ~ no class 2/16)

Grades 6/7: Wednesdays, 2/10 – 3/17 (6 wks)

Grades 8/9: Thursdays, 2/11 – 3/18 (6 wks)

Time: 4:00 – 5:00pm

Fee: \$60.00

Place: Cadigan Park, 500 Candlewood Lake Rd. Brookfield.

Youth Fitness

Registration is now open for in-person, outdoor programs.

Due to the ever-changing nature of the allowed group program size, payment information will be collected but not processed until the start of the program has been confirmed.

Kids Train for a 5K ~ Ages 9-13

Do you like running and want to try longer distance running or are you interested in running a 5k road race (3.1 miles) in the future? Are you a runner already or have never run before? Children, ages 9-13, are invited to join Cassie Dunn on Saturday mornings for some running workouts in a group setting. All abilities encouraged to join! The group will run together each week and be given challenges to complete at home. All workouts will be customized to each child's level of fitness and comfort. Come join us! Please come dressed to run and bring a water bottle. Mask and social distancing requirements will be emailed to those registered at the time of the class. The location for this class is the BHS track which is subject to change depending on availability. *Cassie Dunn is a former BHS cross country and track coach, a certified Road Runners Club of America Coach, a NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.*



Day: Saturday **Dates:** 4/3 – 5/8 (6 wks)
Time: 9:15 – 10:00am **Fee:** \$60.00
Place: BHS Track, 45 Long Meadow Hill Rd. Brookfield.

Youth Employment Program

The Youth Employment Program is coordinated through the Parks & Recreation Department and is designed to assist students (Age 12 and older) seeking part-time employment for after school, weekends and summertime. Those interested should complete and mail an application to the office. [Applications are available on the Parks & Recreation website by clicking here.](#) Youth entrepreneurs are paired with local residents who are looking for help with a variety of household tasks such as: babysitting, yardwork, housecleaning, office assistance, pet sitting, painting, car washing, raking and shoveling in the winter. The resident (employer) pays the student directly at a mutually agreed upon rate. Email Liz Burandt at lburandt@brookfieldct.gov for more information or an application.



Youth Nature Programs

Trail Mixers



The Brookfield Nature Center will be the settings for these groups that will hike, play games, and be in nature. This program will allow participants the opportunity to explore two of our favorite local parks and discover nature in the winter months. A

new hike each week will be accompanied by nature games and activities. The group will also complete a craft to take home! The program schedule, including drop off and pick up locations, will be provided to participants after registration.

Day: Saturday **Date:** 2/20 – 3/28 (6 wks)

Grades 2 – 4: 9:30 – 10:30am

Grades 5 – 7: 11:00 -12:00pm

Fee: \$72.00

Place: Brookfield Nature Center & Williams Park



Nature Navigators!

Discover the world of geocaching, letterboxing and plain old scavenger hunting fun! This program will introduce kids to orienteering and letterboxing in our local parks and begin the journey of discovering this hobby that has worldwide reach! Each week, the group will hike and use clues to find the location of a new letterbox. Over the course of this program, participants will also create their own stamps and work as a group to place their own geocache in the park!



Grades 3 & 4

Day: Wednesday

Date: 4/21 – 5/26 (6 wks)

Grades 5 & 6

Day: Thursday

Date: 4/22 – 5/27 (6 wks)

Time: 4:30 – 5:30pm

Fee: \$72.00

Place: Williams Park, 183 Whisconier Rd. Brookfield.

Youth Sports Organizations

Brookfield Baseball & Softball Association (BBSA)



Registration will begin in the winter of 2021. [Click here](#) to visit the BBSA website for up to date information.

Steve Harding Sr. – President
proff1960@aol.com ~ 203-770-4424

Brookfield Pop Warner Football & Cheer



[Click here](#) to visit the Brookfield Pop Warner Football & Cheer website for up to date information on the 2021 season.

Douglas Sylvia - President - dsylvia73@att.net

Brookfield Lacrosse Club



Registration will begin in late winter of 2021. [Click here](#) to visit the Brookfield Lacrosse Club website for up to date information.

Jeff Praissman – President
jpraissman@gmail.com

Brookfield Soccer Club



After a successful fall 2020 soccer season, BSC is looking forward to fielding both in-house and travel teams in spring 2021. Registration for both will begin in January 2021. Travel team registration closes 3/1/21.

[Click here for the Brookfield Soccer Club website.](#)
Sam Ramzy – Registrar - registrar@brookfieldsoccer.org

Brookfield Basketball Association (BBA)



The BBA offers a competitive travel basketball program for boys and girls grades 4-8. [Click here to visit the BBA website.](#)
brookfieldbbapresident@gmail.com

SRG Gazebo Project

Connor Carlson, of Brookfield BSA Troop 135, is working to restore the old Still River Greenway Gazebo for his Eagle Scout Project in the spring of 2021. Contributions to help fund this project are sought. More information can be found on the Save the [SRG Gazebo Facebook Group here.](#)



Community Connection

Brookfield Arts Commission

CALLING ALL ARTISTS! Do you have lots of artwork you think our residents would love to view and perhaps even buy? The Arts Commission is seeking artists who would like to have an exhibit to hang in Town Hall for approximately six weeks. If you are interested in being featured, please email brookfieldartscommissionct@gmail.com. Send a link to your website or attach 8-10 pictures of your work for consideration.

Brookfield Parent Support Network

Join us for free, confidential, and informal monthly meetings. For parents concerned about their kids who struggle with anxiety, depression and/or emotional dysregulation. For more information please email brookfieldpsn@ymhproject.org. Sponsored by Brookfield Cares, Brookfield Education Foundation and The Youth Mental Health Project.

Frequently Requested Contact Information



Boy Scouts	Dave Carlson	dwcarslson@gmail.com http://www.brookfieldtroop135.org/
Cub Scouts	Sara Vannucci Katie Rose Orie	Cscout135@gmail.com
Brookfield Baseball & Softball Association (BBSA)		
	Steve Harding	proff1960@aol.com
Brookfield Education Foundation (BEF)		
		brookfieldeducationfoundation@gmail.com
Brookfield Pop Warner Football & Cheer		
	Douglas Sylvia	dsylvia73@att.net
Brookfield Lacrosse Club		
	Jeff Praissman	jpraissman@gmail.com
Brookfield Soccer Club		
	Field Hotline (203) 775-5239 Sam Ramzy	registrar@brookfieldsoccer.org
Brookfield (Travel) Basketball Association (BBA)		
		brookfieldbbapresident@gmail.com
Conservation Commission		
	Alice Dew	(203) 775-7316
Garden Club		
		brookfieldgardenclub@yahoo.com
Girl Scouts		
		https://www.gsofct.org
Brookfield Lion's Club		
	Pam Tanz	pamelajtanz@gmail.com
MOMS Club® of Brookfield		
	Stephanie Sikora	themomsclubofbrookfield@gmail.com
Senior Center		
		(203) 775-5308
Women's Club of Brookfield		
	Cynthia Buzcek	(203) 470-7291
	Laura Pizzirusso	(203) 775-6283